

1 out of 4 adults provides assistance to a family member who is physically or cognitively disabled, or frail due to old age.

Common Signs of Caregiver Stress:

- Feeling overwhelmed or confused
- Feeling sad or moody
- Feeling like you have no time
- Crying more often than you used to
- Having a low energy level
- Sleeping too much or not enough
- Having trouble eating, or eating too much
- Feeling angry

Refrigerator
Magnet

Family Caregiving

**MONTGOMERY COUNTY
AGING AND DISABILITY SERVICES
240-777-3000**

ADS@MontgomeryCountyMD.gov
www.HelpingYouHelpThem.com

Where You Can Turn for Help

BY TELEPHONE

**Montgomery County
Aging and Disability Services
240-777-3000**

ADS@MontgomeryCountyMD.gov

Find out about services available in your community. If in doubt, call!

**Holy Cross Caregiver Resource Center
301-754-7152**

**Alzheimer's Association 24 hour
toll-free Helpline 1-800-272-3900**

ON-LINE

**HelpingYouHelpThem.com or
MontgomeryCountyMD.gov/caregiver**

Here you'll find:

- Information about local services
- Links to local and national resources with information about housing, services and support
- Links to on-line discussion forums available 24 hours/day

Aging and Disability Services
Montgomery County Health and Human Services
401 Hungerford Drive Rockville, MD 20850



Family Caregiving

The best way
to help is to
recognize it's
not all up to you.



**Ask
for help!**



Help Comes in Many Forms

RESPITE CARE

Short-term relief to families caring for disabled family members. A qualified person takes care of your loved one, in your home or outside, so you can take a break.

SUPPORT GROUPS

Sharing information, feelings, and advice. Support groups can be in-person, by telephone, or over the internet.

IN-HOME AIDE SERVICES

Help with bathing, dressing, housekeeping and other personal care tasks.

LEGAL AND FINANCIAL ASSISTANCE

Information about financial planning, advance directives, power of attorney, financial benefits, and assistance in completing applications.

ADULT DAY CENTERS

Social, recreational and health services in a safe environment for people who cannot be left alone during the day.

HOME MODIFICATIONS

Home improvements and devices that increase safety, ease of use, security and independence.

ESCORTED TRANSPORTATION

Rides and an escort for people who need help getting places.

HOSPICE

Care of terminally ill people that emphasizes symptom management and emotional support. Often includes grief counseling and support groups.

"I never thought of myself as a caregiver. I was just taking care of my mother. Finding out about services helped me provide better care."



Advice from Other Caregivers

SKILLS

Caring for another adult may involve learning new skills such as bathing, dressing and transferring from one place to another. Learning how to assist someone with daily tasks can increase safety and save time and energy.

INFORMATION

Learning about disabling conditions can help you know what to expect and how to deal with it. You can find useful information through doctors, libraries and on-line.

FEELINGS

Caregiving can inspire a range of emotions from fulfillment to frustration, guilt and anger. Talking to other caregivers experiencing similar feelings can be helpful.